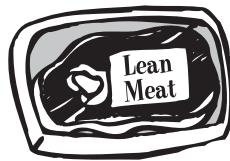


Tips To Help You Lose Weight

1. Choose foods low in fat and low in calories. Try:

- ♥ Fat free (skim) milk or lowfat (1 percent) milk
- ♥ Cheeses marked “lowfat” or “fat free” on the package
- ♥ Fruits and vegetables without butter or sauce. Fruits and vegetables are low in calories and help you feel fuller.
- ♥ Rice, beans, cereals, corn tortillas, and pasta
- ♥ Lean cuts of meat, fish, and skinless turkey and chicken
- ♥ Drink water or low-calorie beverages instead of soda pop and sugar-filled fruit drinks.



2. Make foods the healthy way.

- ♥ Bake, broil, or boil foods instead of frying.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Use less high-fat cheeses, cream, and butter when cooking.
- ♥ Use cooking oil spray or a little bit of vegetable oil or margarine when cooking.
- ♥ Garnish salads with lowfat or fat free mayonnaise and salad dressings.



3. Limit your portion size.

- ♥ Serve smaller portions—do not go back for seconds.
- ♥ Eat smaller meals and snacks throughout the day instead of one big meal.
- ♥ If you drink fruit juice, make sure it is 100 percent fruit juice and keep an eye on the portion size. The calories in beverages add up quickly.

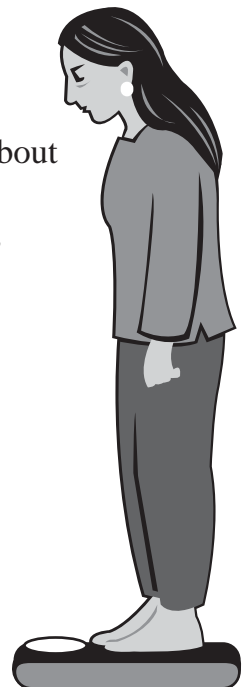
4. Get active! Don't make excuses!

- ♥ Do your favorite physical activity for at least 30 minutes each day. You can do 10 minutes of activity three times a day.

Try this: If you are pressed for time, walk for 10 minutes three times a day.

5. Aim for a healthy weight.

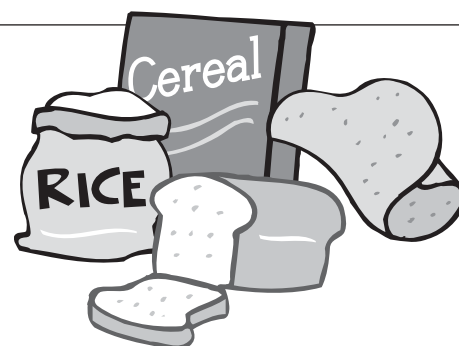
- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1 to 2 pounds a week. Even losing 10 pounds can help reduce your chances of developing heart disease.



Serving Sizes*

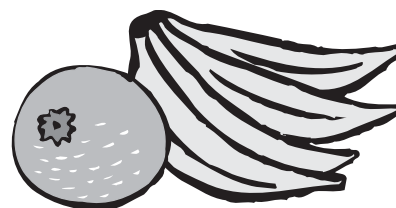
Breads, Cereals, Rice, and Pasta

- ♥ 1 slice of bread
- ♥ 1 ounce of ready-to-eat cereal
- ♥ 1/2 cup of cooked cereal, rice, or pasta
- ♥ 1 tortilla



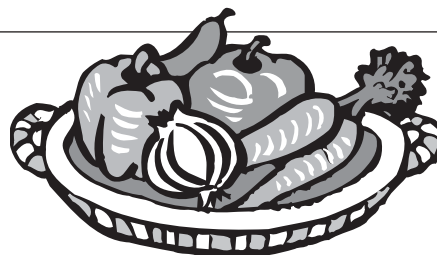
Fruit

- ♥ 1 medium apple, banana, or orange
- ♥ 1/2 cup of chopped, raw, cooked, or canned fruit
- ♥ 3/4 cup of 100 percent fruit juice
- ♥ 1/4 cup of dried fruit



Vegetables

- ♥ 1 cup of raw leafy vegetables
- ♥ 1/2 cup of other vegetables, cooked or chopped raw
- ♥ 3/4 cup of vegetable juice



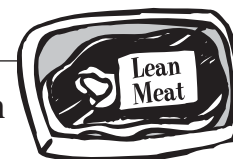
Milk, Yogurt, and Cheese

- ♥ 1 cup of fat free (skim) or lowfat milk (lactose free, if needed) or yogurt
- ♥ 1 1/2 ounces of lowfat natural cheese
- ♥ 2 ounces of lowfat processed cheese



Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- ♥ 2 to 3 ounces of cooked lean meat, poultry without the skin, or fish
- ♥ 1/2 cup of cooked dry beans or 1 egg equals 1 ounce of lean meat
- ♥ 2 tablespoons of peanut butter or 1/3 cup of nuts equals 1 ounce of meat



* These serving sizes may differ from those found on a food label.